Blood Pressure Log

Courtesy of MyDoctorAngie.com

Name: _____

My Blood Pressure Goal: _____ **mm Hg**
(discuss with your doctor)

Instructions:

Measure your blood pressure twice daily: once in the AM and then in the PM.

Date	**Time** (AM or PM)	**Blood Pressure** (Systolic / Diastolic)	**Heart Rate** (Pulse)	**Notes** about activity, medications, or symptoms